



Healthdor

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## Cranberry Cooler ♦

A refreshing beverage made with cranberries, perfect for hot summer days.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

500 g	Cranberries
500 ml	Water
100 g	sugar
50 ml	Lemon juice
200 g	ice cubes

# Directions

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## Step 1

Boiling

In a saucepan, combine cranberries, water, and sugar. Bring to a boil and simmer for 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 2

Remove from heat and let cool. Once cooled, strain the mixture to remove cranberry solids.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Stirring

Add lemon juice to the cranberry liquid and stir well.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

## Serving

Serve over ice cubes.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 0 g

**Protein:** 0 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Thanksgiving Valentine's Day Game Day

### Cuisines

Italian Indian Vietnamese

### Course

Drinks Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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